MEDITATIONS FOR PTSD

7 GUIDED MEDITATION SCRIPTS FOR OVERCOMING ANXIETY, STRESS, PANIC ATTACKS, HEALING YOUR INNER CHILD, AND DEEP SLEEP

SHIVANI BATRA

Meditations for PTSD: 7 Guided Meditation Scripts for Overcoming Anxiety, Stress, Panic Attacks, Healing Your Inner Child, and Deep Sleep

Written by: Shivani Batra
Narrated by:

© COPYRIGHT 2021 - Shivani Batra- ALL RIGHTS RESERVED.

The content contained within this book may not be reproduced, duplicated or transmitted without direct written permission from the author or the publisher.
Under no circumstances will any blame or legal responsibility be held against the publisher, or author, for any damages, reparation, or monetary loss due to the information contained within this book. Either directly or indirectly.

Legal Notice:
This book is copyright protected. This book is only for personal use. You cannot amend, distribute, sell, use, quote or paraphrase any part, or the content within this book, without the consent of the author or publisher.

Disclaimer Notice:
Please note the information contained within this document is for educational and entertainment purposes only. All effort has been executed to present accurate, up to date, and reliable, complete information. No warranties of any kind are declared or implied. Readers acknowledge that the author is not engaging in the rendering of legal, financial, medical or professional advice. The content within this book has been derived from various sources. Please consult a licensed professional before attempting any techniques outlined in this book.

Anxiety

Welcome to the meditation for healing the anxiety that comes with a traumatic history… (5 seconds)

Inhale… (5 seconds)

and exhale to begin this guided meditation for healing and resolution… (15 seconds)

This is a powerful healing space where you can recover from past trauma and pain… (10 seconds)

It is possible to relieve whatever heavy and negative energy you are carrying with you now… (10 seconds)

Before we begin, please keep in mind that this meditation is not intended to replace professional assistance. Not all we go through can be resolved on our own. Going through everything you've been through with a qualified therapist will also help you find relief and clarification… (5 seconds)

Please understand that seeking aid is not a sign of weakness; rather, it is a sign of resilience, bravery, and deep inner wisdom… (15 seconds)

You are not alone, and you are not required to be alone… (15 seconds)

Let us now begin to channel this insight and bravery inward as we travel into a calm, secure space to process your experiences… (5 seconds)

Today will be a day of profound healing for you… (15 seconds)

You are secure in this moment in time and space... (5 seconds)

You are free to concentrate on your breathing and the feelings that occur in your body and mind… (15 seconds)

As we plan to embark on our inner journey. Allow yourself a few moments to recall something you'd like to let go of… (10 seconds)

Call it forward softly… (5 seconds)

And thank the Universe for its foresight… (5 seconds)

It'll be over before you know it… (15 seconds)

Allow yourself to breathe slowly and deeply in this moment… (15 seconds)

As your eyes become used to the relaxing roll, allow your mind's eye to sharpen, and keep an eye out for imagery that will appear in the next half hour or so… (15 seconds)

All of the content that appears is important in their own right… (5 seconds)

All you have to do now is listen and breathe slowly and deeply… (15 seconds)

As you sink deeper into a state of relaxation, you become and feel more secure and cherished… (15 seconds)

You are beautiful... (15 seconds)

As you listen to this meditation, insight will come to you… (5 seconds)

However, it's all too tempting to mix up daily thoughts with revelations from the subconscious. Thinking and sensing are both related processes. Thinking is like flowing water, like a creek over rapids, while sensing is like a deeper pool of wisdom bubbling up… (15 seconds)

You are already unwinding now… (5 seconds)

As thoughts pass through your mind, make the choice to let go of these glittering fleeting ideas and labels... (5 seconds)

Give it permission to leave you by looking it in the eyes and smiling… (15 seconds)

If you need to contact your thoughts again, you can do so at any time after this meditation… (5 seconds)

They don't want to bother you during this crucial period of healing… (5 seconds)

So give yourself permission to deal with them later… (5 seconds)

This is a place for you to heal and submit fully to relaxation and mindfulness… (30 seconds)

In the next few minutes, take a moment to embrace the following idea... (5 seconds)

Too many people in this modern world believe that healing entails liberation, that being healed entails being permanently cut off from the source of your suffering. This isn't true… (5 seconds)

Amputation is the loss of something that causes you pain. When this happens, an event has come to an end… (5 seconds)

Healing, on the other hand, is a process that begins on the inside and works its way out. Rearranging your memories and putting them into a larger and broader context… (10 seconds)

Add meaning to your life story in a way that makes you feel good, instead of just trying to forget it... (5 seconds)

You can't go back in time. However, you can incorporate a new perspective into your narrative, building a tapestry that will help you better understand the world around you… (10 seconds)

You've evolved into a storyteller, a graceful Sage with the ability to draw meaning from suffering… (5 seconds)

You are a role model for this and future generations. Someone who has the ability to teach with humility and love… (10 seconds)

Don't let your mind forget about your body as you slip deeper into peace… (5 seconds)

Bring awareness to the actual sensations in your body as it responds to whatever discomfort you're experiencing… (15 seconds)

Imagine that every fiber of your body is soothing, as if a huge weight has been lifted off your shoulders… (15 seconds)

Allow your chest and stomach to expand… (5 seconds)

Feel the air that circulates into and out of your body as well as the air around you... (15 seconds)

Imagine any anxiety or worry melting away like butter in the sun… (15 seconds)

Relax and take a deep breath… (5 seconds)

Now, what would it be like if you could let go of this agony?... (5 seconds)

What would happen to your body?... (5 seconds)

Will you handle yourself differently?... (5 seconds)

Allow yourself a moment now to let go of some of this stress and pain… (5 seconds)

Let go now of the stiffness you feel as a result of the events of the past… (60 seconds)

Take a few deep breaths of love and compassion for yourself… (15 seconds)

Give yourself the gift of patience and the assurance that you are already recovering and maturing into this new wisdom and awareness… (15 seconds)

For a few minutes now, review your body and relax each of your body parts from your feet to the top of your head… (5 seconds)

Practice now embracing this silent awareness… (180 seconds)

It's tempting to believe that fixing something is as simple as adding good things and removing bad things… (5 seconds)

However, even just thinking about our issues isn't enough to help us recover… (5 seconds)

There are moments where there is no way to make sense of an event. There's no way to get around it using logic… (5 seconds)

Your only path forward is to love and compassion for yourself and others, with the understanding that some days will feel insurmountable, while others will blossom with joy beyond words… (15 seconds)

Pain, like pleasure, is a part of our human experience… (5 seconds)

What you've been through may be beyond the anyone’s understanding… (5 seconds)

Focus on your desire to find peace, harmony, and love… (15 seconds)

Take care of yourself first and foremost, the flaws and peculiarities… (5 seconds)

Love your accomplishments, your successes, the things you are proud of, particularly the grace with which you handle the pain that will heal a little more with each passing breath… (15 seconds)

Simply concentrate on your breathing and releasing the pain for the next minute or so… (180 seconds)

Acceptance and forgiveness is a big step… (5 seconds)

It's easy to feel like forgiveness is out of reach, particularly when you're dealing with a lot of pain or trauma… (5 seconds)

It's perfectly fine if you're not ready to forgive anyone in particular just yet… (5 seconds)

What I do ask is that you start forgiving yourself… (5 seconds)

Repeat after me… (5 seconds)

I forgive myself for my past… (10 seconds)

I forgive myself for my past… (10 seconds)

Humans are born with survival instincts… (5 seconds)

We do whatever it takes to stay alive, protect our loved ones, and continue on our path through life… (5 seconds)

You've made it this far. You are a strong, resourceful, and adaptable person... (5 seconds)

This is something you can never forget… (5 seconds)

Understand, however, that our natural impulses, those drives that help us survive, can often govern our lives even when we are healthy… (5 seconds)

The rage, fear, or hatred that helped you get through whatever it was you went through may no longer be helping you and may even be hurting you like a thorn stuck in the palm of your hand… (5 seconds)

Whatever you believe, no matter what you think, or what you've been told. You are a deserving person… (15 seconds)

You are deserving of devotion and forgiveness… (15 seconds)

You possess the inner strength to give it to yourself… (15 seconds)

So, in this healing safe room, begin to let go of everything you've been holding against yourself… (15 seconds)

You are worthy… (15 seconds)

You are worthy… (15 seconds)

For all the anger and suffering you've caused or other's caused on you, allow yourself to forgive yourself and others for the past… (15 seconds)

For the future, there's a new source of warmth… (15 seconds)

Allow yourself to relax and recognize that you are surrounded by people from all over the world. Many people are feeling the same way you are right now… (5 seconds)

You're not on your own. We're coming to the end of our time together here… (5 seconds)

You are welcome to stay still and quiet here, resting with whatever feelings you are experiencing… (5 seconds)

Rest with these feelings for a few moments… (180 seconds)

You are not alone, regardless of how you are feeling. You are cherished. You are important and deserving… (15 seconds)

Start moving your toes and fingers… (5 seconds)

Gently reawaken the parts of you that have been dormant for the duration of this meditation… (15 seconds)

Open your eyes when you were ready… (30 seconds)

Thank you for listening... (5 seconds)

And best of luck as you continue on your path of hope and joy… (5 seconds)

Namaste… (60 seconds)

Panic Attacks

Welcome to the meditation for healing from panic attacks… (5 seconds)

Allow me to lead you to a tranquil and safe space… (5 seconds)

My name is Julie, and I'm here to give you a break from your surroundings today… (5 seconds)

It's time to put everything away, let go of any feelings of urgency, and simply set aside some time now for yourself… (15 seconds)

Imagine yourself in a room with stairs leading up and out… (15 seconds)

And now, let’s take our first steps up the stairs… (5 seconds)

one… (5 seconds)

two… (5 seconds)

three… (5 seconds)

four… (5 seconds)

five… (5 seconds)

six… (5 seconds)

seven… (5 seconds)

eight… (5 seconds)

nine… (5 seconds)

and ten… (5 seconds)

Now imagine a door in front of you… (5 seconds)

Place your hand on the doorknob and open the door… (5 seconds)

Step inside and let go of all that doesn't serve you… (5 seconds)

You're entering a new room, the calmest place you can imagine… (5 seconds)

You close the door behind you and everything else you don't need is left behind… (15 seconds)

Inhale deeply and feel the air on your skin... (15 seconds)

Notice if the air is warmer or colder when you breathe deeply, and when you exhale… (5 seconds)

Allow this awareness of breath be a moment where you allow some noise to leave your mind… (30 seconds)

There is a lot of open space here to breathe and relax... (5 seconds)

This location is always ideal for you… (5 seconds)

Feel as if the universe is ready to give back to you what you've given to it… (5 seconds)

This place has only ever known peace… (5 seconds)

Take a few moments to take it all in… (180 seconds)

What is the first color that comes to mind when you think of this place?... (5 seconds)

Perhaps the green of grass, the blue of the sky, or even the brown of the tree trunks… (5 seconds)

Are there clouds or is the sky clear when you look up?... (5 seconds)

If you'd like, feel free to add clouds or not. It's up to you. Here you can create anything you want… (30 seconds)

Inhale and exhale slowly… (5 seconds)

The sound here is quiet and the ambiance is serene… (5 seconds)

Notice one sound in nature that you enjoy in this peaceful Oasis… (5 seconds)

Note one thing you hear in this scene: the weighing of leaves in the forest, a fresh breeze, or something else… (5 seconds)

Taking in whatever sound, sight, or sensation you find most soothing… (30 seconds)

Inhale deeply and feel your belly expand… (15 seconds)

To feel your body soften, take a few deep breaths again… (5 seconds)

Reconnect with your surroundings in this moment… (5 seconds)

What else do you want to make?... (5 seconds)

This space you've built is and will constantly provide for you… (15 seconds)

This space never needs or requests anything from you… (15 seconds)

You are free to be yourself here... (15 seconds)

Concentrate on the most enjoyable aspects of this scene… (15 seconds)

Follow your gut instincts… (30 seconds)

Now, concentrate on the next breath and allow it to move all the way down to

your belly button… (15 seconds)

When your thoughts drift away when you exhale, the breeze in your body loosens up and relaxes even further… (30 seconds)

The clouds of thought are slowly but surely clearing up… (15 seconds)

As a result of this clearing, your mind becomes less and less cluttered… (15 seconds)

Thoughts are always coming and going… (5 seconds)

However, there is open room between thoughts… (5 seconds)

And that’s the space you want to allow to breathe... (5 seconds)

Be mindful of the space between your thoughts for a few moments... (5 seconds)

Practice being aware of these spaces… (180 seconds)

You're safe and sound, and you're firmly planted… (5 seconds)

Take notice of any sensations in your hands… (15 seconds)

If you experience tingling or numbness, understand that it is your body's physiological response to stress or anxiety… (5 seconds)

It's perfectly natural and normal… (5 seconds)

The most important thing is that it will pass, as all things do… (30 seconds)

Return your attention to your breathing… (5 seconds)

Is your breathing different now?... (5 seconds)

It’s fine, isn’t it?... (5 seconds)

Simply remember and be thankful for the breath that moves in and out of your body, removing any tension and stress… (30 seconds)

You may have entered this meditation as a result of a specific situation that has caused you to feel nervous and stressed… (5 seconds)

This is no longer the case, because that moment has passed, and now you are here, relaxed, and deepening your state of relaxation... (15 seconds)

Sit for a while and allow your body and breath to heal… (15 seconds)

You are safe here… (15 seconds)

All will turn out well… (15 seconds)

Notice yourself breathing… (5 seconds)

You're still alive… (5 seconds)

You are at ease now... (5 seconds)

Everything is like a stream and in a constant state of flux… (5 seconds)

The only constant in the Universe is that everything is constantly changing... (15 seconds)

You've made it this far… (5 seconds)

You will overcome your stressors, and everything will be fine because you are stronger than what you allow to bring you down... (15 seconds)

You will make it through any challenges or struggles you have... (5 seconds)

You've taken steps forward today in order to experience more of your joy, your abundance, and your strength… (15 seconds)

You are currently witnessing the fullness of life and the abundance that can be found in any given moment… (15 seconds)

Relaxation comes with gratitude and appreciation for the moment… (5 seconds)

Allow yourself to really experience this appreciation in the final minutes of this meditation… (15 seconds)

Repeat after me… (5 seconds)

I am grateful for the inspiring energy and peace that I have within me… (15 seconds)

I am grateful for the relief from the panic that will no longer take over my life… (15 seconds)

Thank you for the incredible peace I am experiencing right now… (15 seconds)

Take a moment to be grateful for a few of your blessings right now… (30 seconds)

Thank you so much. Thank you so much. Thank you so much… (15 seconds)

When this meditation comes to an end, remember that this is a place of healing and assurance… (15 seconds)

Whenever you feel the urge to panic, think back to this place… (5 seconds)

Think back to this moment… (15 seconds)

Memorize the feeling of love, peace, and serenity you are feeling in this very moment… (15 seconds)

Mark it as a reference experience you can always refer back to when you feel the nervousness come up… (60 seconds)

You have fully embodied and taken up this experience… (15 seconds)

It will always be there and a part of you… (15 seconds)

Carry this higher sense of awareness and peace for the rest of your day… (5 seconds)

Thank you for listening… (5 seconds)

And namaste… (60 seconds)

Managing Emotions

Welcome to the guided meditation for managing your emotions… (15 seconds)

Recovering from a traumatic experience requires shifting away from past memorized emotions and reaction… (15 seconds)

Let’s begin by simply inhaling and exhaling slowly to put you in a state of relaxation… (15 seconds)

This is a healing space where you will alleviate any past pains and trouble... (15 seconds)

Before we begin, I’d like you to know that it IS possible to clear away any and all the emotional baggage you are carrying… (15 seconds)

You are not alone, and you are not required to be alone… (5 seconds)

Many people are going through what you are going through… (5 seconds)

And the best way to help them and you is to put out the intention of cleansing your energy… (15 seconds)

Let us now begin to channel our inner insight and wisdom as we journey into a secure, peaceful space where you can process your experiences… (15 seconds)

Today will be a day of profound healing for you… (15 seconds)

Take a moment now to concentrate on your breathing and the subtle feelings of your body... (15 seconds)

As we plan to embark on our inner journey, allow yourself to recall something you'd like to let go of… (5 seconds)

Gently call it forward now... (15 seconds)

Express gratitude for its wisdom… (5 seconds)

Soon it will be part of your past, and nothing else… (15 seconds)

So, for the time being, allow yourself to relax and let go... (30 seconds)

Slowly and thoroughly inhale and hold your breath… (5 seconds)

And now slowly exhale… (15 seconds)

As your physical eyes begin to getting accustomed to the darkness, begin allowing your mind’s eye to wander... (15 seconds)

Allow your mind's eye to sharpen, and keep an eye out for the insights that will present themselves within the next half-hour… (15 seconds)

Allow your thoughts to soften, letting go of any resistance... (15 seconds)

Let your body and mind know they don’t have to work so hard right now… (5 seconds)

Give it permission to rest. It's all right to allow your thought to just be there without engaging with them… (15 seconds)

There's no need to attach to them. Let everything be just as it is… (15 seconds)

Without judging or trying to change anything, simply observe... (60 seconds)

When you breathe, try and keep your body solid and steady… (5 seconds)

Allow your body to soften into this support… (15 seconds)

With every breathe you begin to loosen up more and more... (15 seconds)

Give your body permission to simply be and rest in this moment… (60 seconds)

Now, imagine a warm blanket of compassion, kindness, and love wrapping around you and enveloping your entire body… (15 seconds)

Allow the warm embrace of loving kindness to surround you… (15 seconds)

Accept this embrace and be open to it… (15 seconds)

As you inhale and exhale, imagine yourself inhaling this loving kindness and exhaling all of the emotional resistance you may have built up… (60 seconds)

Gently bring your awareness to the sensation of air entering your nostrils and going as deep as you can before exhaling... (15 seconds)

Notice how all of these sensations are happening in the present moment... (15 seconds)

Nothing more, nothing less... (15 seconds)

You may have noticed that your thoughts coming and going… (5 seconds)

This is okay and perfectly normal… (5 seconds)

There's no reason to get attached to them or to pass judgment on them… (15 seconds)

Allow them to drift away like clouds on the breezes outside… (60 seconds)

Bring your attention now to the skin on your face… (15 seconds)

And just like your breath, this sensation is happening only in the present moment… (15 seconds)

Nothing more, nothing less… (15 seconds)

You can become conscious of your feelings and emotions… (5 seconds)

And just like with your breath and skin, you can take a step back and give them some room to breathe and flow… (60 seconds)

Be the observer of your emotions, do not try to restrain or fight against them… (15 seconds)

Take a few deep breaths of loving kindness into your body… (60 seconds)

As you inhale observe how the tension and stress leaves your body… (15 seconds)

Notice the energy around your heart begin to soften the more take these slow deep breathes… (15 seconds)

Now, I'd like you to imagine your emotions as a sphere of energy… (15 seconds)

After imagining this sphere, I'd like you to put into it the colors and intensity of the emotions you are feeling at this very moment… (15 seconds)

If you are feeling anger, it might be red with high intensity… (5 seconds)

If you are feeling depressed, it might be black or grey with low intensity… (5 seconds)

Whatever color comes to mind, give that color an intensity within this sphere… (60 seconds)

After you've painted this representation of your emotions, I'd like you to simply be in the presence of this sphere… (15 seconds)

Imagine the energy within this sphere, slowly but surely unwinding… (15 seconds)

Turning into a color like the blue of ocean or the yellow of the sun… (15 seconds)

Slowly but surely imagine this sphere shifting into these colors… (15 seconds)

And as you imagine it, engage your actual emotions… (15 seconds)

Have them follow the lead of your imagination… (15 seconds)

Practice this exercise for a few moments now… (150 seconds)

Continue to visualize this sphere, and embraced in the warmth of this present moment… (150 seconds)

This present moment is a healing sanctuary for anyone looking to cleanse their energy… (15 seconds)

This is where you will find the wisdom of the universe… (15 seconds)

Becoming the present moment observer of your thoughts is the key to changing them… (15 seconds)

Not by forcing or trying to change them… (15 seconds)

Allowing them to unwind to their true nature is the goal… (15 seconds)

And this goal can only be accomplished by letting go… (15 seconds)

Letting go of past hurts… (15 seconds)

Letting go of past situations… (15 seconds)

And letting go of the emotions that stuck with you… (15 seconds)

When we let go of old emotions, we open ourselves up to new ones… (15 seconds)

When you release the resistance that comes with attachment, anything is possible… (15 seconds)

“Empty your cup, so that it may be filled: become devoid to gain totality.” A quote by Bruce Lee (60 seconds)

Now, slowly open your eyes when you’re ready and stretch if you have to… (15 seconds)

Drink a glass of water and make sure to carry this vibration with you for the rest of the day… (15 seconds)

Namaste… (60 seconds)

Deep Sleep

Welcome to this deep sleep PTSD meditation hypnosis session… (15 seconds)

You will be able to quickly wake up at any point during this guided meditation experience if you wish to… (15 seconds)

Please do not operate a vehicle or any kind of heavy machinery whilst listening to this meditation hypnosis... (15 seconds)

Find a peaceful, distraction-free spot where you will not be disturbed… (5 seconds)

This will be the most powerful way to trigger a calming trance… (15 seconds)

It is suggested that you listen to this audio for at least 30 nights in a row to get the best results… (5 seconds)

Even though positive progress can begin to occur before then, the goal is to produce the very best results possible… (15 seconds)

From the first time you try this hypnosis session, you will be hooked… (5 seconds)

And if you fall asleep, your subconscious mind will continue to hear everything I say… (15 seconds)

So now, close your eyes and take a deep breath in through your nose once you've found a peaceful, safe, relaxing place away from the normal distractions of daily life. And hold it for three seconds before exhaling fully through your mouth… (15 seconds)

Offer your body permission to relax fully, if you haven't already done so… (15 seconds)

You can sense yourself drifting off into a state of natural calm and inner peace in the coming moments… (15 seconds)

You'll be comfortably transported to a realm of subconscious bliss and higher wisdom… (15 seconds)

You might soon feel as though you're gliding down a river on a comfortable raft… (15 seconds)

Alternatively, you might imagine yourself floating through the sky on a wet, fluffy cloud… (15 seconds)

It's important that you recognize that these are positive emotions that are meant to assist you in a healthy manner… (15 seconds)

Allow yourself to unwind… (5 seconds)

Accept these pleasant sensations… (5 seconds)

Allow yourself to recognize and welcome whatever optimistic feelings you are experiencing right now as you begin to drift off... (15 seconds)

Inhale deeply through your nose while concentrating on the muscles in your forehead and scalp... (5 seconds)

Exhale slowly and deeply through your mouth, emptying your lungs fully… (15 seconds)

Enable the muscles in your forehead and scalp to relax when you exhale… (15 seconds)

There is no stress and no pressure… (15 seconds)

Allow your muscles and forehead to relax and enjoy themselves because you know it is now safe for them to do so… (15 seconds)

Relax, and continue to breathe normally… (15 seconds)

Breathe in through your nose and out through your mouth while you relax… (15 seconds)

Start concentrating on the muscles around your eyes and mouth… (5 seconds)

Maybe they're stressed out because you didn't realize they were tense and tight... (15 seconds)

You have complete control over them now, so let go... (5 seconds)

They don't need to be worried, flexed, or clenched… (15 seconds)

This is a time to recover and rest in a healthy, peaceful environment… (15 seconds)

Enable the muscles in your face to relax even more as you exhale… (5 seconds)

Enable them to relax and let go completely... (15 seconds)

Begin to appreciate the warmth and blissful relaxation that is coming in now... (15 seconds)

Continue to take deep breaths… (15 seconds)

Draw your attention to your neck and shoulder muscles as you relax… (5 seconds)

Are they tense or closed without your awareness?... (15 seconds)

They don't need to be like that right now… (5 seconds)

Make the choice now to let them go… (15 seconds)

Enable them to fully let go and relax into loose comfort as you exhale… (15 seconds)

Take an extra deep breath in and allow these muscles to relax even more as you exhale… (30 seconds)

520 seconds / 8.6 minutes

Feel as if you're slipping deeper and deeper into your bed as you drift off into a peaceful state of mind… (30 seconds)

Concentrate on the sound of my voice and encourage your body to relax more each time you exhale… (30 seconds)

When you let go, you'll get a drifting sensation of absolute relaxation… (30 seconds)

Enable your mind to draw attention to your upper and lower arms in a gentle manner… (30 seconds)

Bring awareness to the feeling in your elbows and hands right now… (30 seconds)

As you lay their breathing, give these body parts and their muscles permission to let go of all stress and relax… (30 seconds)

You are drifting off into a deep state of healing relaxation that is normal, calm, and peaceful… (30 seconds)

Enable these body parts to relax even more when you exhale, resulting in nothing but carefree relaxation… (30 seconds)

You're already recovering and unwinding… (15 seconds)

You are restoring both your wellbeing and your optimism… (30 seconds)

Take a deep breath… (5 seconds)

Allow all to go… (30 seconds)

Bring your attention to your chest, back, and whole middle body section now… (15 seconds)

Allow these parts to relax by giving it the same permission you've given to the rest of your upper body… (30 seconds)

Only you have the ability to free these muscles by telling them it's all right to be absolutely free and loose in this moment... (30 seconds)

There is no stress… (15 seconds)

Clear any clenching or tension… (15 seconds)

Enable your entire upper body to let go and relax into warm, soft, peaceful serenity as you exhale… (15 seconds)

Inhale deeply once more… (5 seconds)

Give your torso even more permission to relax as you exhale now… (30 seconds)

Allow the relaxation to penetrate even deeper into your muscles and tissue… (30 seconds)

You are floating now... (5 seconds)

You are healing… (5 seconds)

And you're doing it in a state of pure, safe, and blissful relaxation… (30 seconds)

Take a deep breath… (5 seconds)

Give yourself permission to let go of everything that isn’t positive, pure, and

balancing… (15 seconds)

Feel these emotions envelope your being as you sink deeper into your bed… (30 seconds)

Now concentrate on the muscles that surround your hips, thighs, and pelvic area… (15 seconds)

Your subconscious mind already knows what you need to do… (15 seconds)

Enable these muscles to unwind fully now... (15 seconds)

Give them the green light to let go… (15 seconds)

Offer them permission to retract and relax fully in a sustainable and positive manner… (15 seconds)

You will cause this group of body parts to drift even deeper into a state of complete surrender as you exhale… (30 seconds)

Allow them to be free of stress by simply letting them go... (30 seconds)

Allow them to rest while you recover… (30 seconds)

Take a deep breath… (15 seconds)

Now, shift your attention to your knees, calves, and feet… (15 seconds)

You're now conscious that every other part of your body is in a state of complete blissful relaxation… (15 seconds)

Enable your lower legs and feet to relax and join the rest of your body, which is already healing… (30 seconds)

When you exhale, give these remaining body parts the permission they need to relax even more deeply… (30 seconds)

As you continue this, you can feel them sinking into their positions… (15 seconds)

You are now aware that your whole body is in a state of complete relaxation… (15 seconds)

Your body will relax even further when you subconsciously follow the sound of my voice… (30 seconds)

Each and every time you exhale, you might feel as though you're sinking into your seat deeper and deeper… (30 seconds)

These positive feelings and sensations you are feeling right now are healing you… (5 seconds)

Welcome them… (30 seconds)

at 14:09
As you begin to drift deeper and deeper into relaxation, your mind is begin being receptive to guidance, suggestions, and healing in ways you never imagined possible… (30 seconds)

Every time you take a breath out, you feel your entire body release any residual stress… (5 seconds)

Release any and all body tension that might be present… (30 seconds)

Every time you breathe, reinforce this light, soothing state of healing and relaxation… (30 seconds)

As you relax, I'd like you to take a moment to listen to your heart… (15 seconds)

Rest your awareness onto this powerful center of the body… (15 seconds)

Sit there and review this center for a few moments… (15 seconds)

Practice building this emotional and mental connection with your heart… (15 seconds)

Stay there now… (15 seconds)

Listen to every beat as it goes by one by one… (240 seconds)

Now, I'd like you to raise that awareness to your throat… (15 seconds)

Keep it there for a few moments as you embrace the energy in this center… (15 seconds)

Rest your awareness here and truly sense the energy… (15 seconds)

With observation will come more awareness and recognition… (15 seconds)

Every time you practice awareness, your ability to choose how you feel increases… (15 seconds)

Continue resting your awareness on your throat for a few moments… (240 seconds)

Now, let's move up to the space behind your mouth… (15 seconds)

We are most of the time unaware of this center, however, it's there, and it holds great significance… (15 seconds)

Recognize the presence of this center… (15 seconds)

Hold your focus here for a few moment… (240 seconds)

Next, I'd like you to raise your awareness towards the middle of your head… (5 seconds)

Behind your eyes is where lies the next center… (15 seconds)

This is where all your memories, patterns, and concepts lie… (15 seconds)

Bring awareness to the energy here… (15 seconds)

When you bring awareness toward this center you dissolve any resistance around it… (15 seconds)

You allow it to be, without engaging with it… (15 seconds)

Your thoughts are the guide map for your emotions… (15 seconds)

It’s important that you keep them in check without engaging or getting attached to them… (15 seconds)

Embrace the positive ones that make you feel good and allow the negative ones to be… (15 seconds)

Continue resting your focus on this center in your head… (240 seconds)

And for the final center, I’d like you to place your awareness on the top of your head… (15 seconds)

The beacon to where new information flows in… (15 seconds)

This is the entry point of all the insight and wisdom you’ve gained throughout this meditation… (15 seconds)

Bring it focus and awareness for a few moments now… (240 seconds)

Finally, you know that PTSD has never changed your whole spirit or mind… (15 seconds)

It's always just been such a minor part of your personality… (5 seconds)

And you know it's time now to let go of it… (15 seconds)

It hasn't been clinging to you at all… (5 seconds)

For a long time, you've been clinging to it… (5 seconds)

But if you've had enough of the terror… (5 seconds)

If you've had enough of the fear… (5 seconds)

It’s time to let it go... (15 seconds)

Letting go of it will be like letting go of dead weight… (15 seconds)

It sinks you into a low vibration, torturing you psychologically… (15 seconds)

Now is the time to let go of the pain… (15 seconds)

With your permission, it can be gone... (15 seconds)

Now is the time to let it go… (15 seconds)

Simply allow it to fade away into the past, where it belongs… (60 seconds)

You have complete control over your actions… (5 seconds)

And you are the one in charge… (5 seconds)

You've always been that way… (5 seconds)

Now I'd like you to relive the experience… (5 seconds)

However, when you watch this time, you'll note that the colors and sounds are starting to fade… (15 seconds)

The event is now taking place in black and white… (15 seconds)

The sounds are distorted and muddled… (15 seconds)

You note that the image is also fading, becoming smaller and floating further away… (15 seconds)

As the image on the screen fades away, it becomes a mere speck on the horizon before vanishing entirely… (15 seconds)

Any bad feelings associated with that experience have now disappeared completely… (15 seconds)

And what's left of you is a bright warm energy… (15 seconds)

Soft like the pillow under your head… (15 seconds)

You accept that the past is the past and that there is nothing you can do to change it… (5 seconds)

However, you are now aware that it does not have to impact your present or future… (5 seconds)

It can only have an effect on you if you give it permission to do so… (15 seconds)

As the image of the event fades, this is a reassuring thought for you… (5 seconds)

You understand that coping with a difficult situation, like any other, makes you a better person… (15 seconds)

You now feel your strengths, your authentic attributes, and positive, happy emotions in place of those old, negative, unwelcome feelings that were associated with post-traumatic stress disorder… (15 seconds)

You've dealt with the trauma's negative energy and transformed it into positive energy… (15 seconds)

Rather than seeing yourself as a victim of the incident or those circumstances, you now see yourself as a proud survivor who has become stronger as a result

of overcoming hardship… (15 seconds)

PTSD no longer has control over you… (15 seconds)

Since you are in control, PTSD no longer affects you… (15 seconds)

You have a calm and peaceful demeanor… (15 seconds)

You are a formidable opponent… (15 seconds)

You're pleased with yourself, and you're getting better… (15 seconds)

Continue listening to the music as you slowly drift away into a deep deep sleep… (240 seconds)

Inner Child

Welcome to the meditation for healing your inner child… (15 seconds)

This is a meditation session designed to help you show your inner child the love it deserves… (15 seconds)

This audio promotes self-acceptance and self-love, which are important aspects of our personal growth… (15 seconds)

You are a culmination of all your life experiences, both positive and negative… (5 seconds)

And the state of your inner child today is influenced by how you responded to these experiences at the time they occur… (15 seconds)

Inner Child work is both calming and energizing… (5 seconds)

And the aim of this audio is to bring you peace and happiness… (5 seconds)

So now double-check that you're relaxed and won't be disturbed by crossing your arms and legs… (5 seconds)

Simply take a few long, conscious breaths in and out… (30 seconds)

Feel the life force of the air fill up and move deep inside your body… (15 seconds)

When you exhale, try saying something you want to let go of throughout this meditation… (5 seconds)

Make that intention… (30 seconds)

Simply release and let go of the day, of everything but this very moment in time… (30 seconds)

Now is your chance to do some truly beautiful work on yourself in this safe space… (5 seconds)

You've earned this break… (15 seconds)

Consider a problem that is impacting your life right now… (5 seconds)

Now is the time to reflect… (5 seconds)

This may be a problem with limiting beliefs or a habit that you believe is preventing you from living a fulfilling life… (15 seconds)

Right now, just bring awareness to this challenge for a few moment in your mind's eye… (15 seconds)

Now, you can defocus from this challenge… (5 seconds)

Knowing that your subconscious mind has all the answers will lead you straight to the source of the problem without any effort or coercion on your part… (30 seconds)

In this room, you are safe and secure… (15 seconds)

We are now preparing to go back in time to let go of this challenge and heal the beautiful child inside who was affected by it… (15 seconds)

Giving yourself love is the most natural thing in the world… (15 seconds)

Now is a time for healing… (15 seconds)

This love and healing are for that part of you who did not deserve to feel that way at that time… (15 seconds)

Keep in mind that this is your perspective of the situation... (5 seconds)

What comes up for you has no right or wrong response… (15 seconds)

What you see may be plain and clear or it might be fuzzy and blurry... (5 seconds)

Either way works because you know exactly what it is… (15 seconds)

You are aware of the content of the message… (15 seconds)

And you'll be aware that this is a one-of-a-kind opportunity… (5 seconds)

This is because it’s your perspective, your world, your past, and your knowledge… (15 seconds)

This is your chance to shine… (5 seconds)

So, for the time being, I'd like you to focus your gaze on a fixed point on the ceiling… (5 seconds)

Take a deep breath and feel the strain in your eyes when you gaze at that point on the ceiling… (15 seconds)

Keep breathing deeply… (15 seconds)

The pain in your eyes is palpable… (15 seconds)

Keep your gaze locked on the same spot… (15 seconds)

Take another deep breath… (15 seconds)

I want you to take another breath in while keeping your eyes locked on the same spot… (15 seconds)

Now, on your next exhale, slowly lower and close your eyelids… (15 seconds)

Feel a warm blanket of relief covering your head, face, body, and legs… (30 seconds)

With each breath in, you are breathing in the safety of being held by this blanket and with each breath out, you are becoming more and more a part of the your breath… (15 seconds)

You are held and you are letting go completely, allowing this wonderful feeling of relaxation to take over… (15 seconds)

Now, slightly lower your chin… (5 seconds)

Get the impression that you're looking out of an upstairs window or over a balcony… (5 seconds)

Underneath you, you can see a flight of stairs leading down… (5 seconds)

There are ten steps underneath you to the bottom… (5 seconds)

Begin slowly walking down the stair until you've reached the bottom… (5 seconds)

Your feet can be felt under you… (5 seconds)

And now you're on your way down to the ninth step from the tenth… (5 seconds)

You let go when you pass the ninth level… (5 seconds)

You go deeper because you let loose… (5 seconds)

And now you're on your way to the eighth phase, which will take you to an even deeper level of inner awareness… (15 seconds)

As you descend to the seventh level, any sounds around you simply pass you by; you are unconcerned… (5 seconds)

They simply allow you to go deeper and deeper into your inner knowledge… (15 seconds)

And now, as you progress further into this meditation, you're on the way to the sixth level... (15 seconds)

As you progress to the fifth level, you'll have completed half of the steps as you go deeper and deeper… (15 seconds)

As you progress to the fourth level, every muscle and fiber in your body simply relaxes as you go deeper and deeper... (15 seconds)

And now you're on the first step, having traveled down to the third and second steps… (15 seconds)

And when you get to the bottom of the stairs, you go 100% deeper, and you feel like you're sitting in a rocking chair right now… (5 seconds)

And each time you rock forward, you go a little further… (5 seconds)

And each time you write backwards, you go deeper still… (15 seconds)

As you go further, you'll find yourself in direct communication with your energy body, going from thought and doing to sensing and being… (15 seconds)

Right now, your mind is tuning into your inner consciousness… about who you are at the most fundamental level… (15 seconds)

Now, remember a time in your childhood when you required assistance, comfort, or love… (5 seconds)

It could be a time when you were deeply hurt, traumatized, and afraid, or when you were alone and felt helpless… (5 seconds)

Return to that time, that town, and that situation as the adult you are today, and calmly, confidently search for that child who was you back then… (15 seconds)

As you travel back into your own personal history to bring comfort, healing,

and reassurance to your younger self, you are completely safe and in command… (15 seconds)

When you find the child's image, approach slowly and carefully, paying attention to the details as you go… (15 seconds)

If you're inside, take note of the house, building, or room; if you're outside, take note of the plants, other people, and weather… (15 seconds)

In this exercise, keep in mind that you are playing the role of a modern adult… (5 seconds)

You're not taking on the role of the child; rather, you're observing the child. If you're having trouble seeing an image of yourself when you were younger, take your time and wait for the child to reveal itself when it's ready… (60 seconds)

Turn your attention to any adult in your memory who is abusive, critical, or hurting the child you in any way… (5 seconds)

Approach that adult with no aggression, only the pure power of right and good. Then, with your open hand, say, "Stop."… (5 seconds)

“No more”… (5 seconds)

“You’re wrong”… (5 seconds)

“You have to go now”… (5 seconds)

Then, as if a force field of justice and goodness were emanating from your hand, move that person away from your child self… (5 seconds)

Continue to push them away until they're completely gone… (5 seconds)

Don't worry if this is difficult for you. With perseverance, you'll get there… (30 seconds)

Return your attention to the frightened, hurt child… (5 seconds)

The child may be terrified of you, or he or she may be frozen or numb, that's all right… (5 seconds)

If the child appears afraid or disconnected in any way, simply say, "I know you don't trust me yet. That's fine. I'm here to stay, and I'm not going anywhere. Anything you feel is okay with me."… (15 seconds)

Be patient and maintain a comfortable distance from the child… (30 seconds)

When it's clear that you'll be steady and present, your inner child, like a real child, will warm up to you… (30 seconds)

Simply return to the image until the child appears to be ready to connect with you… (30 seconds)

Take the child in your arms and hold them softly to your chest when it feels right… (15 seconds)

Sit by the child's side or take both of their hands in yours and gaze into their eyes if that feels better… (30 seconds)

Say these words directly to the child after you've made some kind of positive physical connection with them during your imagery process: "It wasn't your fault."… (5 seconds)

"You didn't make any mistakes."… (5 seconds)

"You're doing well."… (5 seconds)

"You were just a kid, acting like a kid."… (5 seconds)

"I love you just as you are, and I will never abandon you."… (15 seconds)

As you see the child relax, and you will feel this relaxation in your own body, as if the message is truly getting through… (5 seconds)

Continue with this process until you and the child feel at ease with each other… (60 seconds)

Now, take the child to a secure healing location… (5 seconds)

This could be a fantasy location or a real-life location. It should be an environment where the child feels safe… (5 seconds)

It could be a place where the child can play, relax, or be cleansed and healed… (30 seconds)

Provide the child a warm cleansing bath to wash away any negative or dirty energy… (5 seconds)

Simply conjure up a pool of fresh, warm water, or a pool of warm water fed by a waterfall or underground spring… (15 seconds)

If you feel called to, help the child with this process... (30 seconds)

In this healing environment, spend time with your inner child. Take care of their injuries. Hold the child in your arms, rocking them gently, and tenderly caressing and nurturing this precious, wounded child… (30 seconds)

Bring the child into the present moment with you, wherever you are right now… (60 seconds)

When you feel ready to transition, you can leave the child in the healing place for a while… (5 seconds)

If that doesn't feel safe or you're not ready, imagine yourself as the adult you are today, watching over and protecting them until they're ready to join you in your normal life… (30 seconds)

Feel the child's small, warm body in your arms as you bring them into the present moment, and gradually allow the child's body to merge with yours, as if they were moving into your heart… (5 seconds)

After all, that is where your inner child resides… (30 seconds)

Now, when the two of you look back at that memory, notice that the place is empty—the child is no longer stuck in there… (5 seconds)

Now the child is with you, in a secure environment where they belong… (15 seconds)

Repeat the following affirmation:

“I'll always prioritize your needs over the needs of others.” (15 seconds)

“I love you and I will care for you.” (15 seconds)

“Thank you for being so open and joyful.” (15 seconds)

Be aware that you are both your inner child and your adult self as you hold and welcome your inner child into your life… (5 seconds)

As a child, you are vulnerable, innocent, open, creative, and spontaneous; as an adult, you are responsible, strong, loving, and capable… (5 seconds)

You have everything you require to be complete and whole… (30 seconds)

When you feel ready, slowly open your eyes and stretch… (15 seconds)

Drink some water to replenish… (5 seconds)

Thank you for listening and namaste… (60 seconds)

27.8 minutes

Meditation for Veterans

Welcome to the meditation for Veterans… (15 seconds)

Please do not listen to this audio while driving or handling heavy machinery… (15 seconds)

In this meditation, we will be relieving any pain from invisible wounds that you may be carrying with you since coming back from service… (15 seconds)

To begin, simply find a comfortable place to rest and relax… (15 seconds)

You can choose to lay down or sit, whichever is more comfortable for you… (15 seconds)

Throughout this meditation, I will guide you with my voice… (5 seconds)

Do not worry about when you should or will be relaxed... (5 seconds)

Simply be here, in this moment, listening to my voice throughout the rest of the audio… (15 seconds)

It may be hard for you to imagine how and when you will start to feel better and change for the better… (5 seconds)

I understand, so I want you to believe that you are capable… (15 seconds)

Let’s take a moment to travel through time… (15 seconds)

Let us think back to when you first enlisted… (15 seconds)

Or what about when you got your first haircut… (5 seconds)

Keep in mind how much hair had to be trimmed… (5 seconds)

The rough cut, which removed the length, came first… (5 seconds)

Your hair following down over your shoulder… (5 seconds)

Going all the way down to the floor… (5 seconds)

Until it became the proper regulation haircut… (5 seconds)

And had the same as everyone else… (5 seconds)

If you're a woman, you've had to learn how to move back all that long hair, and create a neat bun, so you would have the same appearance as the other women… (5 seconds)

You've been carrying some heavy emotions inside, which has made you feel different from the rest of the group… (5 seconds)

And there's a lot of work to be done… (5 seconds)

So we can start to trim and reshape some of those out-of-control negative emotions… (5 seconds)

Get into better emotional shape, and you'll start to feel like everyone else, and you'll be able to blend in instead of feeling different… (5 seconds)

You already know, and I know, that certain thoughts and emotions, or flashbacks, can sometimes appear out of nowhere, causing strong feelings and overwhelming you… (5 seconds)

Those strong feelings can manifest themselves in ways that are harmful to you and those around you… (5 seconds)

It is time for change... (5 seconds)

We understand that you can't change what has already happened; however, you can start to change your relationship with the past and the present moment… (5 seconds)

And I'm not sure how long it'll take you to do it… (5 seconds)

Whether it will start soon or immediately… (5 seconds)

But there's a part of you that already knows that it is ready… (5 seconds)

You may start to feel a little better during this session… (5 seconds)

Now is your chance to relax... (5 seconds)

It's time to unwind and let go… (5 seconds)

And letting go of negative emotions that have kept you imprisoned within your mind… (5 seconds)

And you can hear me now when I say that that was all a figment of your imagination… (5 seconds)

Another part of your mind has the power to set you free… (15 seconds)

I'm sure you're curious as to how you can do this... (5 seconds)

Put everything aside and just feel better during this time… (5 seconds)

As you drift off into a more relaxed state, give yourself permission to feel however you'd like… (5 seconds)

It doesn't matter from now on whether you completely listen to the sound of my voice or you don't… (5 seconds)